

5 A Day Recipes

Main Courses

Vegetarian Black Bean Tacos with Chipotle Chile Salsa

Serves 4 (2 tacos each)

Chipotle Chile Salsa:

- 1 ½ cup diced tomatoes
- ½ cup chopped red or sweet onion
- 2 tablespoons lime juice
- 3 dried Chipotle chiles, reconstituted, drained and minced
- 2 tablespoons chopped fresh cilantro

Tacos:

- 11 ounces (uncooked weight) black beans
- 2 cloves garlic, minced
- 1 cup chopped zucchini or yellow summer squash
- ½ cup shredded low fat Monterey Jack or cheddar cheese
- 1 cup diced tomatoes
- 1½ cups shredded lettuce
- 8 tortillas warmed

For salsa, combine tomatoes, half the Chipotle chiles, onion, cilantro and lime juice in a medium bowl; set aside to allow flavors to blend (cover and chill if preparing more than 30 minutes ahead).

For tacos; place black beans in a medium saucepan with water to cover. Stir in remaining minced Chipotle chiles and garlic. Cook beans according to package directions; drain. Meanwhile, stir together tomatoes, zucchini and bell pepper. Arrange warm black beans, tomato mixture, lettuce and cheese in separate serving bowls. For each serving, take two flour tortillas; sprinkle each with lettuce; Spoon on black beans, tomato zucchini mixture and cheese. Top with salsa and cilantro as desired.

Nutritional Analysis

Calories: 547
Fat:
Cholesterol: 21 mg
Fiber: 17 gm
Sodium: 304 mg
% Calories from Fat: 16 %

This is an official 5 a Day recipe, and provides four people with three servings of vegetables each.

This recipe is provided by Frieda's, Inc.